

### **Mixing Substances and Work - Scenarios**

In this segment of the training program, you will assist participants to look at the impact of mixing substances and work. Encourage the group to discuss some of the most frequently used substances of abuse and their affects on life styles and careers.

Ask participants to refer to the next few pages of scenarios (pages 18-21), to explore the impact of alcohol and drug use at work.

Together with participants, briefly discuss each of the substances listed in the scenarios. Ask participants the following questions:

- What effect can these substances have on my mind (psychological effects)?
- What effect can these substances have on my body (physiological effects)?
- How can substance abuse affect my career or my ability to do my job?
- How can alcohol and other drug use affect my friends, coworkers and relatives?

Tell participants to use the Substances of Abuse - Brief Profiles (pages 7-15) for information on the substances of abuse discussed in the following eight scenarios of the Interactive Group Discussions.



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### Scenario #1

Worker Profile:	Pete, age 24
Job Description:	Office Clerk in government agency
Substance:	Cocaine
Background:	Pete frost used cocaine socially about five years ago. He liked the effects: a burst of energy and the feeling of heightened intelligence. He also turned to coke when he wanted to feel stronger or more decisive. But lately, he found that he was snorting coke several times a day.

### Scenario #2

Worker Profile:	Jim, age 22
Job Description:	Construction worker
Substance:	Marijuana
Background:	Jim began using marijuana in high school. He regularly takes a hit or two off a joint before going to work and at lunch time, he often joins some buddies in a few tokes. His job requires him to operate heavy equipment.

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### Scenario #3

Worker Profile:	Heather, age 24
Job Description:	Word processor
Substance:	Alcohol
Background:	Heather has been drinking alcohol since age 14. She has a few beers on the way to work, at lunch and during the long drive home. In the evening, she drinks with friends. She tells her fiends that she can stop drinking whenever she wants. Meanwhile, her co-workers have begun to complain about her “nodding” after lunch and the quality of her work.

### Scenario #4

Worker Profile:	Sean, age 20
Job Description:	College student on work/study program
Substance:	Steroids
Background:	Sean is on the football team in college and wants to increase his muscle mass. While he regularly works out at the gym, he also takes anabolic steroids to make him stronger and bigger. He is concerned about his acne and his declining ability to perform sexually.

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### Scenario #5

Worker Profile:	Tina, age 16
Job Description:	Student working at fast-food restaurant
Substance:	Inhalants
Background:	Tina, a popular student in high school, regularly gets together with her friends after school to use inhalants - any kind they can find-to get a cheap, quick high. She then drives to work at the restaurant.

### Scenario #6

Worker Profile:	Brett, age 19
Job Description:	Salesman
Substance	PCP and Crack
Background:	Brett had used PCP a couple of times in high school and liked the feeling he got from it. When he got together with friends they sometimes combined PCP and crack. But lately, he was beginning to think unusual things were happening to him and around him.

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### Scenario #7

Worker Profile:	Mike, age 18
Job Description:	Hospital lab technician
Substances:	Cocaine and Alcohol
Background:	Mike works a variable schedule in the hospital blood analysis lab. He began using cocaine a couple of years ago, just on weekends, when he was not working. But now he is sometimes scheduled to work on weekends. He recently started to use alcohol along with the cocaine.

### Scenario #8

Worker Profile:	John, age 23
Job Description:	Investment banker trainee
Substance:	Crack and Marijuana
Background:	John is in training for a high paying position as an investment banker. He had used marijuana in college and began using crack on occasion in his new position when he has to work long hours. However, he finds that he is often very jittery and has difficulty concentrating.

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